

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Kyle Davenport

Date: 17 JUNE 2010'

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	148	2.00
2	5.6	10:43	162	2.96
3	6.2	9:41	173	3.80
4	6.8	8:49	182	4.61
5	7.5	8:00	187	6.87
6				
7				
8				
9				
10				

SUMMARY

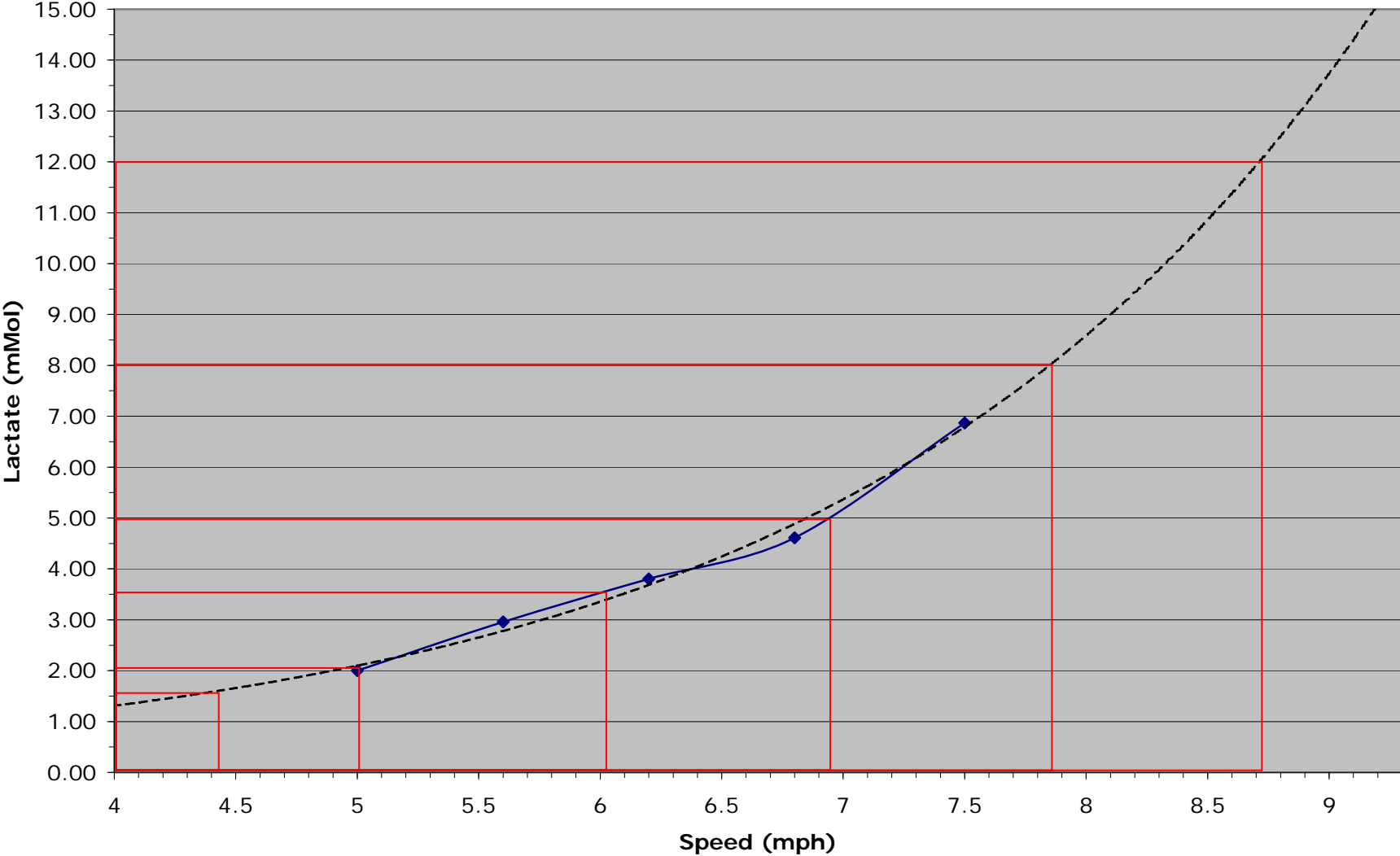
V_{L2}	5.5	WEIGHT (kg)	75.91	TOTAL TIME (min)	14:30'
V_{L4}	6.2	HEIGHT (in)	71	MAX HR (bpm)	187
AT (V)	7.5	Grade (%)	2	LAST STAGE COMPLETED	5
		STAGE TIME (min)	3:00		

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	4.4 - 5	13:38 - 12:00	7.04 - 8
Zone 2	5 - 6	12:00 - 10:00	8 - 9.6
Zone 3	6 - 6.9	10:00 - 8:42	9.6 - 11.04
Zone 4	6.9 - 8.7	8:42 - 7:42	11.04 - 12.48
Zone 5	7.8 -	7:42 - 6:54	12.48 - 13.92

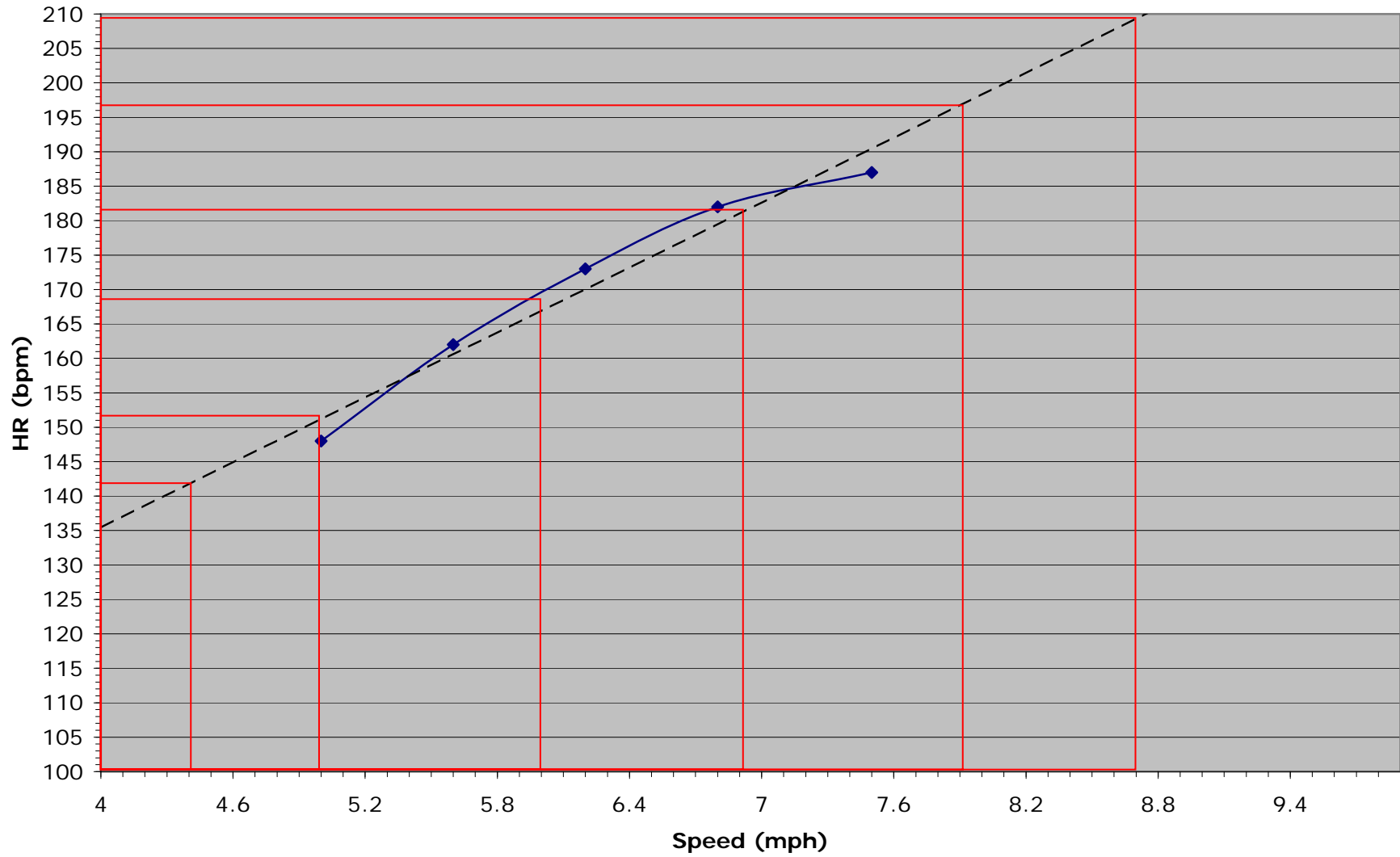
Lactate vs Speed

$y = 0.2001e^{0.4699x}$
 $R^2 = 0.9876$



HR vs Speed

$$y = 15.712x + 72.671$$
$$R^2 = 0.9603$$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Kyle Davenport

Date: 17 June 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	137	1.17
2	190	147	1.24
3	220	162	2.56
4	250	176	4.42
5	280	182	7.64
6			
7			
8			
9			

SUMMARY			
WEIGHT (kg)	75.91	TOTAL TIME (min)	17:05'
HEIGHT (in)	71	RPM	90
HR _{peak} (bpm):	183	STAGE TIME (min)	3
W _{L2}	220	LAST STAGE COMPLETED	5
W _{L4}	250	AT (w)	245
W _{peak}	280	AT (W/kg)	3.23

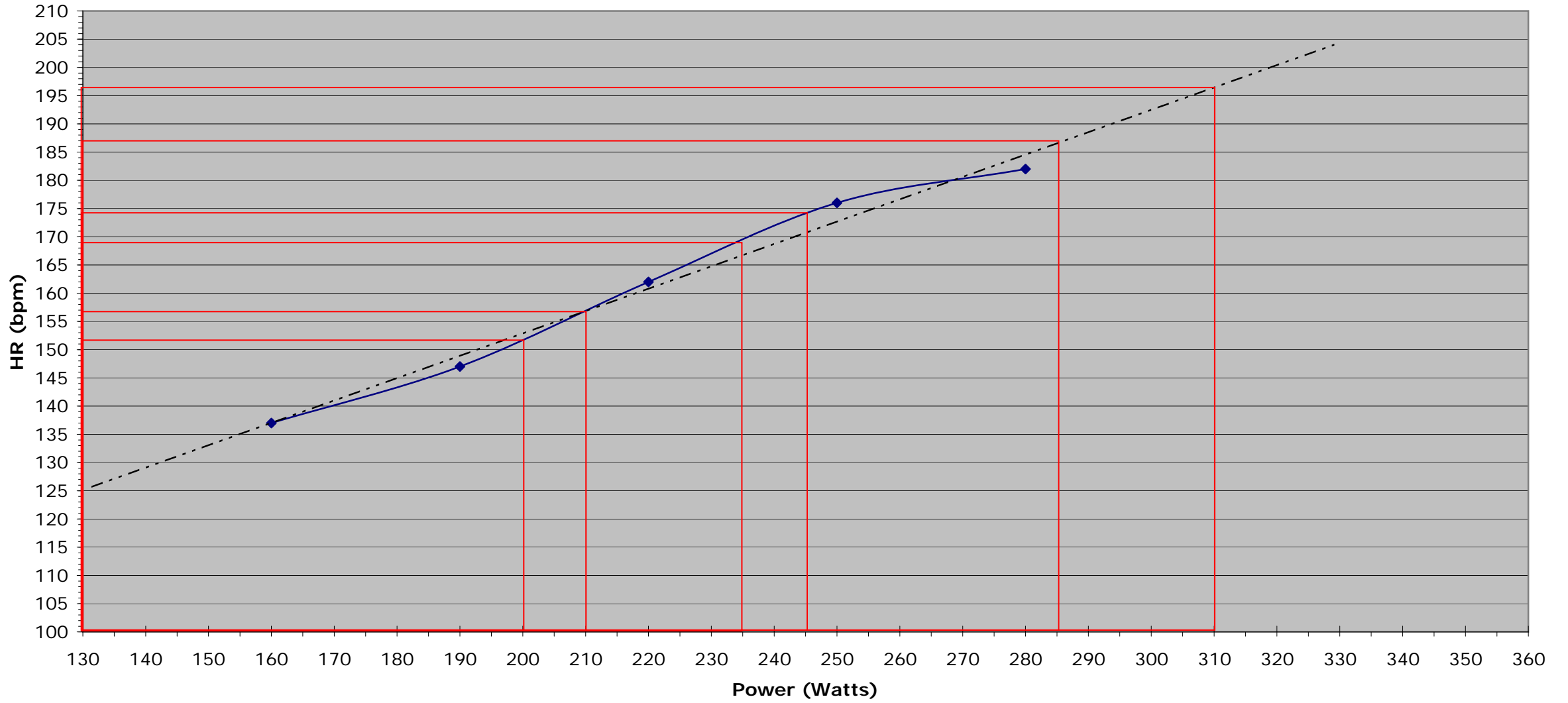
Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	200-210
Zone 2	210-235
Zone 3	235-245
Zone 4	245-285
Zone 5	285-310

1.5-2.0 Recovery
 2 - 3.5 Endurance
 3.5- AT LT
 AT-12

* refer to online data for heart rate zones

HR vs Lactate



Lactate vs Power

$R^2 = 0.9601$

